

Edward Hines Jr. VA Hospital

HINES HERO

Serving with Pride

January 2014

Official Newsletter of the Edward Hines Jr. VA Hospital

Vol. 1, Issue 1



table of [CONTENTS]

Commentary	2
Hines Doctor Research Award	3
Nutrition, Food Service Luau	4
Staff Celebrates Past Year	5
How VA Can Help with Resolutions	7
Word on the Street	7
Back in the Day	8
Million Veterans Program	8
Month in Review	9
VA Expands Benefits for TBI	11
Hero of the Month	11
Employee Spotlight	12
Construction Updates	13
Did You Know?	14
Hines Mobile Medical Unit	15
Upcoming Events, Observances	17

The Hero

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COMMENTARY

From the Director



Staff, Veterans and
Friends of Hines VAH,

Welcome to our first edition of the **Hines Hero!** This inaugural issue is the first of many newsletters published by Hines to keep everyone informed – our employees, Veterans, families, professional affiliates and sister VA agencies.

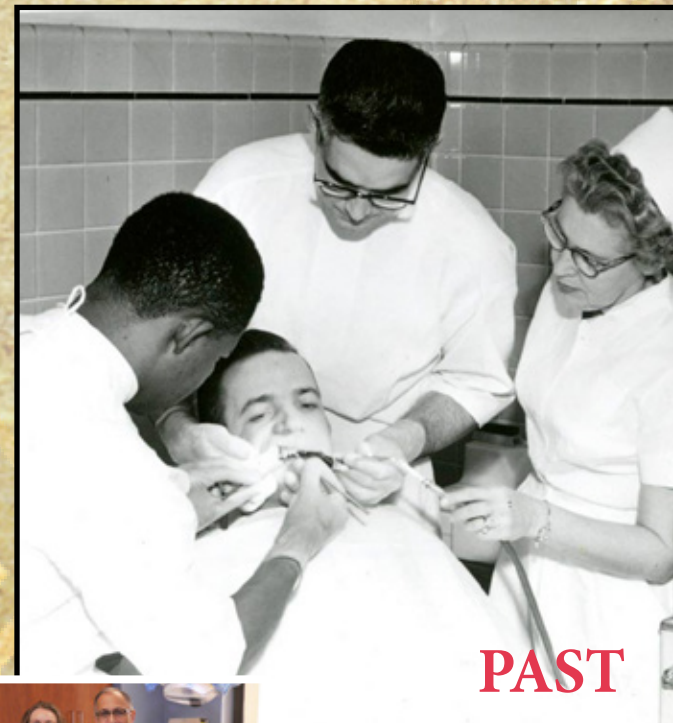
At Hines, our job is health care for Veterans. All of the various processes, functions and activities at Hines are related to providing care second-to-none for our Veterans. Thus, as director, I and my entire leadership team are committed to exceptional care for our Veterans,

and meeting the needs of our employees for the tools, training and support they need to provide this care.

With this issue of Hines Hero, we are launching what we expect to be a two-way communication tool designed to improve the quality of our information-sharing and give employees an avenue to communicate with their fellow employees.

I hope you will all enjoy reading Hines Hero and will contribute to its success by giving us news for your service or department, and even more important, feedback. The excellence of Hines is due to the excellence of our employees, and I believe this newsletter will provide another vehicle for continual improvement.

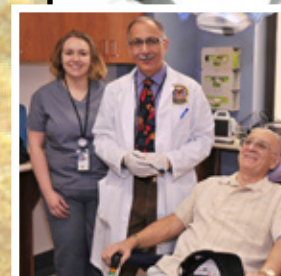
Joan Ricard
Director, Hines VA
Hospital



PAST



PRESENT



On the cover:

Oral surgeons from the past and present: Present day Oral Surgeon and Maxillofacial surgeon Dr. Tim Shahbazian stands with a dental technician and a Hines Veteran.

Hines Doctor Earns Top Honors for Research

By Charity Hardison
Hines VAH Public Affairs

A doctor at Edward Hines Jr. VA Hospital earned an award from the Biomedical Laboratory Research and Development (BLR&D) Service in the Department of Veterans Affairs Office of Research and Development for his work in the biomedical research field.

Dr. Dale Gerding is the recipient of the 2013 William S. Middleton Award. This award is BLR&D's highest honor for outstanding achievement in biomedical research.

"We are extremely proud of the work done by Dr. Gerding," said Joan Ricard, Director of Hines VA Hospital. "The research he has implemented helps to further support our mission of caring for our nation's heroes."

Gerding began his career at Hines in 2003 as Associate Chief of Staff for Research and Development. Since that time, he has continued his work as an interna-

tionally-recognized leading investigator of the Clostridium difficile infection, which is currently the most frequent and deadly healthcare-associated infection. Gerding's work has led to the development and clinical testing of the use of a non-toxic Clostridium difficile organism that prevents patients from having relapses of their infection and, in the future, could be used to prevent Clostridium difficile infection entirely.

"The award recognizes Dr. Gerding's exemplary record of involvement in, and service to, the VA and to the biomedical profession, as well as his seminal contributions to the epidemiology, pathogenesis, diagnosis, and treatment of hospital infections with a primary focus on Clostridium difficile," said Dr. Kimberlee Potter, Scientific Program Manager, BLR&D. "His work has had a broad impact on the clinical care of Veterans and the population at large."

Gerding will receive \$50,000 per year for three years in research support.



Dr. Dale Gerding of Hines is the recipient of the 2013 William S. Middleton Award, which is the Biomedical Laboratory Research & Development (BLR&D) Service's highest honor for outstanding achievement in biomedical research.



Nutrition, Food Service Holds Luau for Vets

By Tom Smurr, Dietetic Intern
Hines VAH Nutrition and Food Service

The Edward Hines Jr. VA Hospital Nutrition and Food Service held a Hawaiian luau lunch party for approximately 75 Veterans in the Hines Community Living Center (CLC) on Jan. 8.

The event featured a Hawaiian-based meal served by Hines dietetic staff and interns, a mobile Tiki Bar and festive music.

"We value our Veterans tremendously and wanted to provide them another unique opportunity to have fun and socialize," said Mike Grochocki, Dietetic Intern in the Hines Nutrition and Food Service. "We created a hot and beach-like atmosphere to warm up our residents during the cold winter."

The CLC Veterans appreciated the thoughtfulness of the Hines staff who put the event together.

"It was really nice for the staff to do this for us," said Randall Kaeding, a Hines CLC resident. "It was a nice change from the normal routine. This is just one example of the kind and caring way the staff looks after us."

The luau was one of three events put on by Nutrition and Food Service for Hines Veterans each year.



Residents of the Hines CLC and staff enjoy food and music at a Hawaiian luau lunch party on Jan. 9.

Hines Goes Hawaiian!



Photos by Dan DuVerney, Hines Media Service

Staff Celebrates Past Year's Accomplishments

The Edward Hines Jr. VA Hospital leadership held an all-employee winter celebration in the Director's Office Jan. 9 as an opportunity for employees to celebrate the accomplishments of 2013 and focus on continued high-quality care to Veterans throughout the upcoming year.

More than 1,100 Hines employees participated in the event, which included food, music and camaraderie.



Winter 2014 New Year's Resolutions

How VA Can Help

Coaching Into Care is the VA's national call center for family members and friends of Veterans. We help callers talk with Veterans about various problems, stressors or mental health concerns. Reach out to one of our highly trained responders at (888) 823-7458 Monday through Friday 8am to 8pm Eastern.

After the hustle and bustle of the holiday season, the New Year can bring a sense of calm. January is often a time for fresh starts and resolutions.

Many resolutions involve breaking a habit, which is no easy task. These are behaviors that have become nearly or completely involuntary. What we know is

that having a plan and support to go along with your determination increases your chances of success.

Did you know that the VA has programs that may help enrolled Veterans achieve their resolutions?

QUIT SMOKING

Veterans should talk with their healthcare professional about the many tools available to help them quit. They also may call 1-855-QUIT-VET (1-855-784-8838) to speak with a smoking cessation counselor. You can download the Stay Quit Mobile App for tools to help control cravings and manage smoking triggers.

LOSE WEIGHT

Excess weight puts you at risk for problems like heart disease, diabetes, some cancers, sleep apnea and gallstones. The

best way to manage your weight is to eat wisely and be as physically active as possible. MOVE!® and your VA healthcare team can help you at every step along the way to healthy living and a healthy weight. The program has classes for Veterans who are overweight or obese and want help managing their weight. The materials on their web site can help non-VA patients manage their weight as well.

MANAGE STRESS

PTSD Coach Online offers 17 tools, including video coaches, to help you manage stress. PTSD Coach Mobile App includes reliable information on PTSD and treatments that work, tools to help you track and monitor your symptoms, and direct links to support and help.

WORD ON THE STREET

What are your resolutions for 2014?



Overall improvement of my life.

-Cynthia Gaines
Sterile Processing



Be kinder to people and perform random acts of kindness.

-Penelope Armstrong
PAS



Keep the hospital clean for our Veterans and do a good job for Hines.

-Gerald Cotton
EMS



Stop procrastinating.

-Vanessa Barnes
EMS



Better time management and dedication to my wife and family.

-Jason Frazier
Thoracic & Cardiac
Surgery Fellow



Continue my nursing education.

-Phyllis Blanton
Quality Systems
Improvement



Devote more time to giving back to the community.

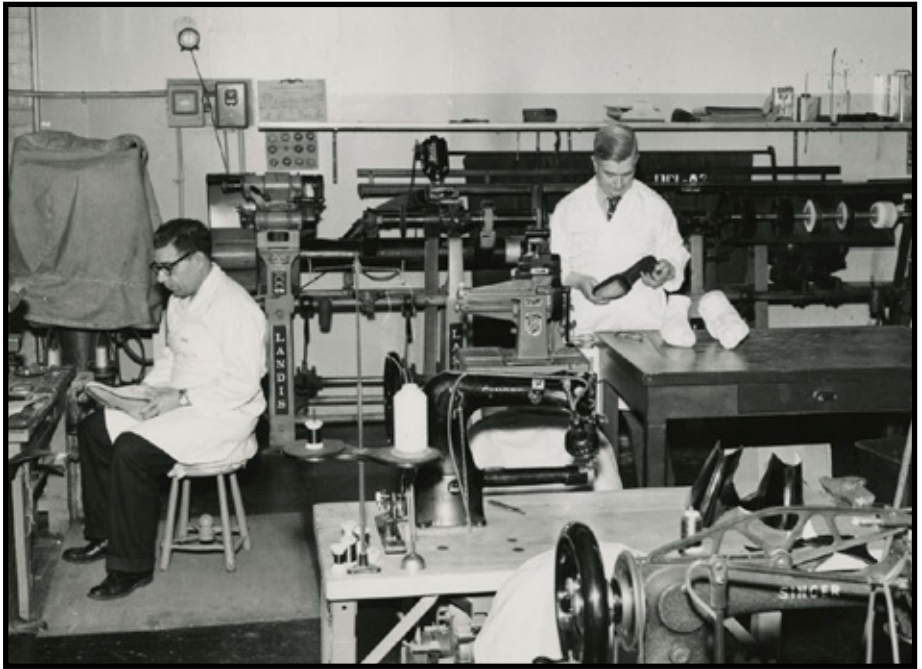
-Nicole Kroll, RN
Emergency Dept.



Be a better person, and try to help someone else be a better person.

-Ernest Patterson
Veteran

Hines Back in the Day



Hines Orthopedic Brace Shop (Hines VAH Photo Archives)

Million Veteran Program: Partnering with Veterans to Revolutionize Health Care



Edward Hines Jr. VA Hospital is one of 50 VA facilities selected across the nation to serve as an enrollment site for the Million Veteran Program (MVP), a research program that will help us better understand how genes affect Veterans' health and illness. The ultimate goal of the program is to transform health care.

MVP is a national, voluntary research program conducted by the Department of VA, Office of Research & Development. MVP aims to enroll as many as one million Veterans over the next five to seven years. Participants will be asked to complete a one-time study visit (approx. 20 minutes in length) to provide a blood sample for genetic analysis. Participation also includes filling out health surveys, allowing ongoing access to medical records and agreeing to future contact. This research program will establish one of

the largest databases of genes and health history. The results of MVP may lead to new ways of preventing and treating common illness.

By participating in MVP, Veterans will help contribute to the knowledge base that may result in developing personalized treatments for military-related illnesses, such as post-traumatic stress disorder, as well as more common illnesses, like diabetes and heart disease. Results from MVP will help improve health care for Veterans and all Americans. MVP has extensive safeguards in place to keep Veterans' personal information secure and confidential. Participation will not affect access to health care or benefits. Visit the website of the Million Veteran Program at www.research.va.gov/mvp to learn more. For more information or to participate, call toll-free 866-441-6075.

e-Donate!

Did you know there's a new way to donate to Hines VA Hospital?

E-Donate is a new online donation option at <http://www.hines.va.gov> that provides community members who wish to give back to Veterans at the hospital a simple and safe way to pledge their support to the fund of their choice.

For additional information, contact Hines Voluntary Service at (708) 202-2523.



HINES "MONTH IN REVIEW" PHOTOS



The Salvation Army band performed for the inpatient Veterans at Hines VA Hospital on Dec. 5.



Joan Casseday-Ostermann, Management Information and Outcome Coordinator at the Hines Spinal Cord Injury and Disorder Clinic, provided a tour of the clinic to four medical doctors from Kazakhstan on Dec. 10.



Hines employees gather for a holiday party in the Hines Auditorium on Dec. 13.



Chinese hospital administrators, health directors and emergency managers tour the Hines Dental Clinic during their visit to the hospital on Dec. 4.



Santa visited Veterans and staff at the CLC unit holiday party on Dec. 18.



Hines Assistant Director Kenny Sraon presented a Certificate of Retirement to Francine Desantis on Dec. 16. Francine completed 35 years of federal service.



The Navy Band Great Lakes five-piece brass quintet, Brass Ambassadors, played holiday music in the Hines F-Lobby on Dec. 19. Established in 1982 and comprised of five brass instrumentalists, the Brass Ambassadors have performed throughout the Midwestern United States.



Dave Hume, regional commander of the Nation of Patriots, gave a monetary donation to a Hines Veteran on Dec. 17. The Nation of Patriots provides financial support and physical assistance to families of wounded Veterans.

VA to Expand Benefits for TBI

WASHINGTON - Some Veterans with traumatic brain injury (TBI) who are diagnosed with any of five other ailments will have an easier path to receive additional disability pay under new regulations developed by the Department of Veterans Affairs.

The new regulation, which takes in mid-January of 2014, impacts some Veterans living with TBI who also have Parkinson's disease, certain types of dementia, depression, unprovoked seizures or certain diseases of the hypothalamus and pituitary glands.

"We decide Veterans' disability claims based on the best science available," said Secretary of Veterans Affairs Eric K. Shinseki. "As scientific knowledge advances, VA will expand its programs to ensure Veterans receive the care and benefits they've earned and deserve."

This regulation stems from a report of the National Academy of Sciences, Institute of Medicine (IOM) regarding the association between TBI and the five diagnosable illnesses. The IOM report, Gulf War and Health, Volume 7: Long-Term Consequences of Traumatic Brain

Injury, found "sufficient evidence" to link moderate or severe levels of TBI with the five ailments.

The new regulations, printed in the Federal Register, say that if certain Veterans with service-connected TBI also have one of the five illnesses, then the second illness will also be considered as service connected for the calculation of VA disability compensation.

Eligibility for expanded benefits will depend upon the severity of the TBI and the time between the injury causing the TBI and the onset of the second illness. However, Veterans can still file a claim to establish direct service-connection for these ailments even if they do not meet the time and severity standards in the new regulation.

Veterans who have questions or who wish to file new disability claims may use the eBenefits website, available at www.eBenefits.va.gov/ebenefits.

Servicemembers who are within 180 days of discharge may also file a pre-discharge claim for TBI online through the VA-DoD eBenefits portal at www.eBenefits.va.gov/ebenefits.

HEALTHY VETERAN 2014

RESOLUTION CHECK LIST

<input type="checkbox"/>		QUIT SMOKING	smokefree.gov/vet
<input type="checkbox"/>		MANAGE STRESS	mentalhealth.va.gov
<input type="checkbox"/>		LOSE WEIGHT	move.va.gov

VA U.S. Department of Veterans Affairs

EVER WONDERED

Where can I get help quitting tobacco?
Where can I learn more about diabetes?
Where do I go to get help with housing?
How do I apply for VA benefits?
What does PACT mean?
How do I refill my prescription?
Can someone help me at home?

Answers to these questions and more can be found at:

Hines PACT Orientation Class

- Classes Meet -

2 nd Tuesday of the month	1:00pm - 2:00pm
4 th Thursday of the month	9:00am - 10:00am

VETERANS, celebrate 10 YEARS of ONLINE ACCESS to VA HEALTH CARE

Get online today at www.MyHealth.va.gov

Access your health information 24/7

My HealthVet Celebrating 10 Years of Online Access

HINES HERO OF THE MONTH

Joe has been in charge of the blood donor program for many years. He works to schedule dates and volunteers, advertises the event, and visits the auditorium during the donation times to make sure everything runs smoothly. Thanks for all you do, Joe!

Joe Dombkowski
Nursing Service

EMPLOYEE SPOTLIGHT!

Welcome to Hines!



Nisha Abraham, Path & Lab Medicine
Michelle Adams, Surgery
Shavon Allen, Patient Administration
Matthew Ambrose, Rehabilitation
Patrick Ard, Canteen
Laura Babin, Nursing
Ashley Banks, Canteen
Robert Bick, Nursing
Sophia Bracey, Nursing
Tinesse Brinson, Nursing
Alicia Brown, Nursing
Tara Brown-Ogilvie, Rehabilitation
Roy Bunce, Nursing
Gessel Cabrera, Nursing
Julie Cain, Mental Health
Luz Cano, Nursing
Willie Cannon, Environmental Management
Manuelissa Capulong, Nursing
Leah Castillo, Nursing
Ruth Christ, Nursing
Donna Coaks, Environmental Management

Meghan Cordero, Mental Health
Yvonne Davenport, Nursing
LaTasha Davis, Medical Support Assistant
Rachel Dols, Nursing Service
Tony Dudley, Nutrition & Food
Douglas Dunbar, Medical Support Assistant
Nicole Dunk, Rehabilitation
Bettie Ely, Nursing
Altonia Epinger, Canteen
John Escutia, Mental Health
Erin Fallis, Nursing
Marvin Fetter, Surgery
Anand Germanwala, Surgery
Margaret Gonsoulin, Research
John Gonzalez, Environmental Management
Anthony Hairston II, HR Management
Melinda Harris, Nursing
Minako Haywood-Taylor, Fiscal
Shirley Higginbotham, Medicine
Jerry Hinton, Police
Rachel James, Nursing
Maurice Jenkins, Logistics
Rojin Jinson, Nursing
Sean Johnson, Rehabilitation
Joyce Jones, Nursing
Terry Jones, Rehabilitation
Jack Kozina, IRM
Sherry Lada, Nursing
Nathan LaForte, Rehabilitation
Sebastien Langevin, Path & Lab Medicine
Ronald Lazensby, Canteen
Ashok Mathew, Imaging
Sarah McAuliffe, Rehabilitation
Meredith McClure, Education

Tahitia Miles, Canteen
Shawn Molley, Engineering
Michael Motch, Nursing
Michelle Mudu, Nursing
Steven Page, Patient Administration
TarunKumar Patel, Research
Megan Penrod, Rehabilitation
Unni Philip, Imaging
Roberto Quetzalcoati, Logistics
Pooja Rao, Surgery
Tomika Richardson, Nursing
Monique Rodriguea, Rehabilitation
Frederick Schroeder, Canteen
Amos Smith, Sr., Engineering
James Spackman, Nursing
Eileen Stevens, Rehabilitation
Katie Suda, Research
Ashley Therasse, Medicine
Kerry Thomas, Mental Health
Russell Thomason, FMS
Tamera Tillman, Rehabilitation
Jill Tolentino, Nursing
Jennifer Underwood, Mental Health
David Weidel, Canteen
John Williams, Rehabilitation
Philip Willis, Chaplain
Priyatma Wirth, Pharmacy
Jason Wood, Nursing
Rommel Yarcia, Nursing
David Yeh, Medicine
Jennifer Yesaitis, Rehabilitation
Kayla Zeiss, Mental Health

Farewell Retirees!

Juan Angelats, Surgery
Jesusa Aquino, Nursing
Freddie Atkins, EMS
Monsignor James Barnett, Chaplain
Estrella Calubaquib, Nursing
Louise Corzine, Director's Office
Francine Desantis, PAS
Dennis Dobrydnia, Social Work
Richard Dublin, FMS
Mary Erickson, CBOC
Claree Foster-Smith, PAS
Michael Hendricks, EMS
Kirk Hickland, FMS
Robert Hoffman, Radiology

Juliet Ibe, Nursing
Loreta Jarasius, Director's Office
Dennis Kaus, Rehabilitation
George Kramer, Rehabilitation
Susamma Kuruvilla, Nursing
Gail Ledbetter, Nutrition & Food
Marcia Manley, Long Term /Extended Care
Marvin Mathis, EMS
Teresita Narciso, Nursing
Thomas O'Donohue, Path & Lab Medicine
Virginia Palisoc, Nursing
Ronald Porcelius, Imaging
Fe Quimque, Nursing
Edward Roberts, Logistics

Benard Robinson, Imaging
Choisie Rogers, PAS
Mary Rooney, Pharmacy
Jose Rosa, Imaging
Kim Rusiecki, Voluntary
Pamela Terlouw, Nursing
Eunice Tyler, Canteen
Gemma Vivar, Path & Lab Medicine





WHAT'S NEW IN CONSTRUCTION?

Current Projects

PROJECT	ESTIMATED COMPLETION DATE
Renovate hospital front entrance	TBD
Renovate operating room	TBD*
Construct smoking shelter, Building 217	August 2014
Renovate PAS and Emergency Preparedness, Building 1	July 2015

Upcoming Projects

PROJECT	ESTIMATED START DATE
Renovate Building 228, Mental Health	October 2014
Repair and insulate building 200 exterior (Façade replacement)	October 2014
Construct E85 filling station	August 2014

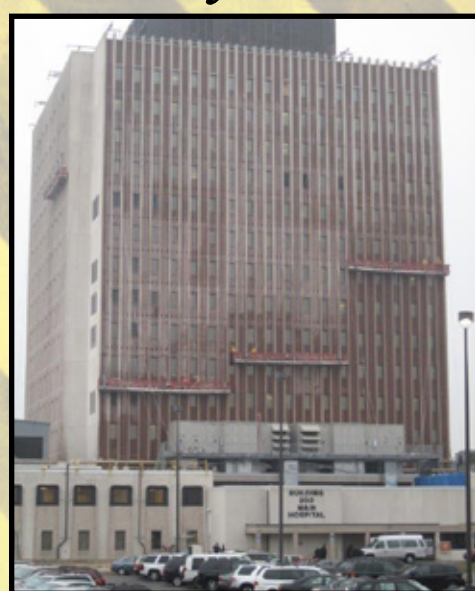
Completed Projects

PROJECT	COMPLETION DATE
Facade Strapping, Building 1	January 2014

Before



After



* Denotes construction complete but activation/opening still pending.

DID YOU KNOW?

One way to keep motivated on your weight loss journey is to set S.M.A.R.T. goals. In order to be successful with your lifestyle makeover, it is important to make small changes that will become habit over time. What does a S.M.A.R.T. goal look like? Rather than just proclaiming that you want to lose weight, you would revise that goal to: lose five pounds by Memorial Day Weekend.

Here are some other examples of S.M.A.R.T. goals/resolutions:

Long-term S.M.A.R.T. goals

- Lose 20 pounds by the end of 2014
- Sign-up and run a half marathon by September 2014

Short-term S.M.A.R.T. goals

- Use whole wheat bread instead of white bread for morning toast at least 4x/week
- Walk for 20 minutes around the neighborhood at least 5x's/week.



VA Dental Insurance

VA is implementing a comprehensive national VA Dental Insurance Program (VADIP) to give enrolled Veterans and CHAMPVA beneficiaries the opportunity to purchase dental insurance through Delta Dental and MetLife at a reduced cost. Participation is voluntary. Purchasing a dental plan does not affect Veterans' eligibility for VA dental services and treatment.

Delta Dental and MetLife are offering multiple plans. Each participant pays the fixed monthly premiums for coverage and any copayments required, depending on the type of plan selected.

Dependents of Veterans, except those eligible under CHAMPVA, are not authorized to participate in VADIP but may be eligible for separate dental insurance coverage offered by these carriers.



Heard about the Hines Mobile Medical Unit?



Hines unveiled a new 38-foot Mobile Medical Unit (MMU) in late 2012 that features two separate exam areas, a counseling room, on-the-spot enrollment and much more. Initially, the MMU was a tool Hines used promoting VA registration and Healthcare with our community partners. Today, the MMU is also operating mobile clinics; bringing VA healthcare right into our Veterans' neighborhoods and towns. Presently, there are monthly clinics in Kankakee, DuPage, and Morris, with future clinics

coming to Grundy and LaSalle counties. The MMU is fully staffed and the team consists of Nurse Practitioner, Latha Panicker; Social Worker, Tyler Goodwine; Registered Nurse, Susan Merritt; Transportation Coordinator, Robert Petersen; and Medical Support Assistant, Surrina Hamb. To schedule the Veterans Mobile Health Unit for a Veteran-focused event, contact Cris Mabrito, Hines Outreach Coordinator, at 708-202-8387 ext. 20011 or email her at cris.mabrito@va.gov.



The Hines Mobile Medical Unit (MMU) team.

Hines CBOCs

Hines currently operates six Community Based Outpatient Clinics (CBOCs), which are local, outpatient primary care clinics to make access to health care easier. The clinics offer a variety of services including women's healthcare, laboratory services, retinal imaging, pharmacy and nutrition consultations, home based primary care, group health education and mental health services. Some locations offer specialty care to include audiology assessments and hearing aid repair, physical therapy and rehabilitation, as well as geriatric care.

Aurora CBOC
161 South Lincolnway
North Aurora, IL 60542
Phone: 630-859-2504

Elgin CBOC
450 W. Dundee Rd.
Elgin, IL 60123
Phone: 847-742-5920
Fax: 847-742-6124

Joliet CBOC
1201 Eagle St
Joliet, IL 60432
Phone: 815-740-8100
Fax: 815-740-8101

Kankakee CBOC
581 William Latham Drive, Suite 301
Bourbonnais, IL 60914-2435
Phone: 815-932-3823
Fax: 815-932-3827

LaSalle CBOC
4461 N Progress Blvd
Peru, IL 61354
Phone: 815-223-9678
Fax: 815-223-9683

Oak Lawn CBOC
10201 S. Cicero
Oak Lawn, IL 60453
Phone: 708-499-3675
Fax: 708-499-3715

CONGRATULATIONS



The December
Environment of
Care Award
goes to
the first floor of the
Extended
Care Center

A JOB WELL DONE!

This award is given to one of eight units inspected during
the weekly E.O.C. rounds from the prior month.



A Citation of Merit was presented by
the Disabled American Veterans
A.G. Tricentennial Chapter 84
to Hines Voluntary Service on Jan.24th
for outstanding service to Veterans.



Upcoming Events and Observances

January 2014

National Glaucoma Awareness Month
Cervical Cancer Awareness Month
National Radon Action Month

National Volunteer Blood Donor Month
Thyroid Awareness Month
Poverty in America Awareness Month

1 New Year's Day
1 Emancipation Proclamation (1863)
5-11 National Folic Acid Awareness Week
10 National Cut Your Energy Costs Day
19-25 Healthy Weight Week
19-25 National Certified Nurse Anesthetists Week
20 Martin Luther King Jr. Day

23 Women's Healthy Weight Day
25 National IV Nurse Day
27 Liberation of Auschwitz (1945)
27 Vietnam Peace Agreement Signed (1973)
27-Feb. 2 National Drug Facts Week
31 Chinese New Year

February 2014

National African-American History Month
National Cancer Prevention Month
AMD/Low Vision Awareness Month

American Heart Month
National Senior Independence Month
Wise Health Care Consumer Month

1 National Freedom Day (1865)
1-7 Women's Heart Week
2 Groundhog Day
2-8 Burn Awareness Week
3 Four Chaplains Memorial Day (1943)
4 USO Founded (1941)
7 National Wear Red Day
9-15 National Cardiac Rehabilitation Week
9-15 National Salute to Veteran Patients Week
10-16 Random Acts of Kindness Week
11 National Shut-in Visitation Day
12 NAACP Founded (1909)
12 Lincoln's Birthday (1809)

13 First Medal of Honor Awarded (1861)
13 Marine Corps Women's Reserve Created (1943)
14 Valentine's Day
14 National Donor Day
15 Susan B. Anthony Day
16-22 National Engineers Week
17 Presidents Day
22 Washington's Birthday (1732)
23 Desert Storm Ground War Begins (1991)
23 Iwo Jima Day Anniversary (1945)
26 Kuwait Liberation Day (1991)

March 2014

Women's History Month
National Kidney Month
National Social Work Month

National Nutrition Month
Multiple Sclerosis Education Month
Brain Injury Awareness Month

2-8 Patient Safety Awareness Week
3 National Anthem Day (1931)
8 International Working Women's Day
9 Daylight Savings Time Begins
10-16 International Brain Awareness Week
12 Registered Dietitian Day

13 World Kidney Day
16-22 National Poison Prevention Week
17 St. Patrick's Day
20 Spring Begins
25 National Medal of Honor Day
30 National Doctors' Day